

EMOTIONALLY INTELLIGENT POLICING

A Career Survival Guide for the 21st Century Police Officer

COURSE OVERVIEW

This course provides a basic overview of emotional intelligence and its importance in 21st Century Policing.

DESIRED OUTCOME

- ✓ To provide attendees with the basic knowledge needed to improve their ability to recognize and understand emotions in themselves and others in order to better manage themselves and their relationships.
- ✓ To provide attendees with a basic understanding of emotional intelligence and how emotional intelligence impacts our police officers and other public safety agencies.



WHY E.I.?

- *Improved Decision Making*
- *Increased Personal Well-Being*
- *Increased Leadership Ability*
- *Decreased Occupational Stress*
- *Increased Individual & Team Performance*
- *Reduced Staff Turnover Rates*

“Although in many ways officers are winning the battle of street survival, they appear to be fatally losing the battle of emotional survival.” – Dr. Kevin Gilmartin

PROGRAM OBJECTIVES

At the end of this presentation, attendees should be able to:

- ✓ Define emotional intelligence
- ✓ Identify the competencies (skills) associated with emotional intelligence
- ✓ Explain how emotions affect individual responses
- ✓ Describe an “emotional hijacking”
- ✓ List the benefits of emotional intelligence training
- ✓ Recognize good and poor examples of emotional intelligence in policing and other public safety functions
- ✓ Identify strategies for improving one’s emotional intelligence
- ✓ Explain “neuroplasticity” and its role in improving emotional intelligence

This is a 4-hours class with two options for attendance.

Option 1: March 31, 2016 (8am – Noon)

Option 2: March 31, 2016 (1 – 5pm)

Location:

Brown County Courthouse Annex (West end of the complex)
25 Market St
Aberdeen, SD 57401

Instructor: Greg Williams -- With over 33 years’ experience leading and training military and civilian law enforcement officers, Greg has seen firsthand the emotional and physical toll of a law enforcement career. He is certified by the Police Society for Problem-based Learning (PSPBL) to teach Emotional Intelligence.